

Virginia Marie Granados Adult and Senior Center Gazette

500 Freiling, San Antonio, TX 78213 (210) 207-3285

Visit us online @ www.sanantonio.gov/parksandrec/seniors.aspx

**January &
February
2013**

"Tell a Story Day" with Sonny Melendrez

The dynamic radio and television personality, author, and inspirational speaker Sonny Melendrez will join Granados on "Tell a Story Day" Tuesday, February 26th, at 2:30 p.m. Raised in San Antonio, Sonny brings cartoon characters to life, shares stories from his new book "Living With Enthusiasm" of his once-in-a-lifetime experiences with everyone from Bob Hope to the Pope, and shares his genuine love of life. The City of San Antonio named the *Sonny Melendrez Community Center* on the city's West Side in his honor. His presentation will be memorable and uplifting. Refreshments will be served. Pre-register by calling 207-3285.

Un-Decorating & "White Elephant" Party

Join the fun as we take down and pack away the Christmas decorations on Wednesday, January 2nd, at 1:30 p.m. After the decorations are safely put away, join us in a "White Elephant" party. Bring that unwanted gift for a fun gift exchange. Cookies and punch provided.

New "Life after Loss" Support Group

Grief is not a problem to "fix" but rather a process to grow through. "Life After Loss" is a 6-week support group for men and women who have suffered the loss of a loved one. If you have lost someone important, please make time for these 6 sessions led by Chaplain Ed Haynes of *Innovative Senior Care Hospice* held Fridays, February 1st through March 8th, from 10 to 11:30 a.m.

Valentine Karaoke Fun

Sing a solo or join in the group sing with this love song themed event. Jesse Solano from *United Health Care* will host on Tuesday, February 12th, at 2:30 p.m. There will be a special gift for the women and all can enter for a door prize. Refreshments provided.

New Get Smart with your Smart Devices

Did you receive a new electronic device (Kindle, iPhone, iPad, Smartphone, laptop) for Christmas and don't even know how to turn it on? Let George Sohocki from *A to Z Helpers, LLC* help you figure it out for free. He will assist you on a one-on-one basis. Sign up at the front desk. Thurs., January 24th, at 1 p.m. and Fri., February 15th, at 1 p.m.

4th Annual Chili Cook-Off and Art Show

Dig out your family recipes and join Granados for their 4th Annual Chili Cook-Off. This free, low-key event open to the public is Friday, January 25th, at 1:30 p.m. Entry forms and rules are at the front desk and must be submitted by January 23rd. Chili will be available for tasting after samples for the judging are collected. A new addition to the Cook-Off is an Art Show displaying the works of the Granados art students and live music from the Parks and Recreation Cultural Arts Division. Judges this year are Michael Granados, son of Mariano and Virginia Marie Granados, and Jesse Solano from *United Healthcare*.

Hours of Operation:

Monday & Wednesday

8 a.m. - 7 p.m.

Tuesday & Thursday

8 a.m. - 8 p.m.

Friday

8 a.m. - 6 p.m.

The City of San Antonio welcomes adults 18 years of age and older to participate in a variety of social, educational, and recreational activities at Granados. Granados Adult and Senior Center is operated by the Parks and Recreation Department. The annual participation fee is \$5 for those 60 and older, \$10 for those 18 to 59 years of age.

Staff

Kevin Sykes

Nancy Durham

Stephanie Mercado Jacob Galan

Sara Carrejo

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Holiday Closures

Granados will be closed on:
Tuesday, January 1 for New Years
and
Monday, January 21 for MLK Day



Upcoming Events

National Hat Day

Celebrate this fun day on Tuesday, January 15th by wearing your craziest, funniest or favorite hat. Join in the laughter and fun at Granados.

United Healthcare Presentation

Join Carolyn Hudson from *United Healthcare* to learn updated information on a variety of topics. See flyer on the bulletin board for dates and topics.

Spa Days with Marita

Remember your SPA Girl card!

Jan. 10th, at 1:30 p.m.: Winterized SPA Facial. Say goodbye to dry, cracked skin and get moisturized and relaxed. Includes eye pads, lip facial, moisture mask and more. Free.

Feb. 14th, at 1:30 p.m.: DIVA Party. Show me the love. Find the right make-up color and perfume that's perfect for you. Valentine treats and drink provided. Fee: \$4, payable to instructor.

Brown Bag Book Club

Bring your lunch & join the discussion from 12-1 p.m.

January 14: *The Next Thing on My List*: Jill Smolinski. After a dark turn of events in a car accident in which her passenger dies, June finds herself in possession of a list, "20 Things to Do By My 25th Birthday." Even though they barely knew each other, June is compelled by both guilt and a desire to set things right and finish the list.

February 18: *Rainwater*: Sandra Brown. Ella Barron is determined that even the ravages of the Dust Bowl will not affect the well-ordered life she has built for herself and her special child. As economic desperation creates bitter social unrest in town and surrounding farms, she relies on Mr. Rainwater's advice and the steely resolve of his convictions. Tensions escalate until one violent night everything is put to the ultimate test.



Friends & Flicks Movie Club

Movies are shown at Westfall Library at 10:30 a.m.

Open to the Public.

January 11th: *Akeelah and the Bee*: A young girl from South Los Angeles tries to make it to the national spelling bee.

February 8th: *The Vow*: A car accident puts Paige in a coma and when she wakes up she is faced with severe memory loss. Her husband Leo works to win her heart again.

Welcome Back

Several new classes are being re-introduced in the new year. Give Arms & Abs, Digital photography, Guitar or Tai Chi classes a try. Let us help you stick to your New Year's Resolutions and try something new.

Computer Lab & Classes

Computer classes taught by Thelma Long are listed in the calendar on Wednesdays from 1-3 p.m. Computer lab monitor Sylvia Guerra volunteers on Tuesday from 2-3 p.m. The digital photo class on Thursday, January 17th, from 1-3 p.m. will help you improve your photo taking skills to better tell your story. Photo Editing is Thursday, February 21, from 1-3:30 p.m. Learn to upload and edit photos. Both are taught by Jim Long.

Birthday Party

Happy Birthday to You. Celebrate the month's birthdays on Jan. 30th, and February 27th, at 10 a.m. All are invited to sing & enjoy cake, even if it's not your birthday.

AARP Safety Driving Class

Take this four hour class on Thursday, February 28th, from noon to 4 p.m. and possibly receive a discount on your car insurance. This class is not good for ticket dismissal. Review traffic rules, learn how to deal with aggressive drivers, and more. The fee is \$12 for AARP members and \$14 for non-AARP members, payable to instructor. Pre-register at Granados.

Cooking Club

Granados members are invited to discuss plans for the 2013 Cooking Club on Monday, January 28th, at 10 a.m. Share your thoughts on this program and how it can help meet your needs. Group will meet again on Monday, February 25th at 10 a.m.

Nutrition FYI

"New Year's Do's and Don'ts" will be presented by *Food Bank* Nutritionist Matthew Molpus at 10 a.m. on Monday, January 7th, and "What are you going to do about your well being?" at 10 a.m. on Monday, February 4th, at Granados.

Upcoming Trips and Tours

Sign up at the front desk at Granados.

January Gourmets on the Go

Wednesday, January 16th, at 11 a.m.

Two Step Restaurant—Texas inspired cuisine
Enjoy lunch in a homestead originally built in 1850's.

January Outing

Tuesday, January 22nd, at 9 a.m.

San Antonio Fire Academy Tour
Tour the facility where a majority of their training takes place.

February Gourmets on the Go

Thursday, February 7th, at 11 a.m.

Cheesy Jane's
"Casual Fun that's Really YUM!"

February Outing

Bandera Bowl with Virginia Gill Community Center
Friday, February 15th, at 9:30 a.m.
Enjoy free bowling. Bring money for shoes and tacos.

Granados January 2013

500 Freiling, San Antonio, TX 78213

(210) 207-3285

| Mon. 8 a.m.-7 p.m. | Tues. 8 a.m.-8 p.m. | Wed. 8 a.m.-7 p.m. | Thurs. 8 a.m.-8 p.m. | Fri. 8 a.m.-6 p.m. |
|---|---|--|---|--|
| 1 <i>Center closed for New Year's Day</i> <i>*pre-registration or fee required</i> | 2 9am Stretch & Flexibility 9:30am Cardio Fun 10am Weight Loss Group Meeting 11am Body Analysis Weigh-In No Computer Class 1:30pm Un-Decorating Party & White Elephant Party * 4pm Arms & Abs No Zumba | 3 9am Stretch & Flexibility 9:30am Cardio Fun 10am Weight Loss Group Meeting 11am Body Analysis Weigh-In No Computer Class 1:30pm Un-Decorating Party & White Elephant Party * 4pm Arms & Abs No Zumba | 4 9am Walking Program 10am Scrabble 1:30pm Jamboree Line Dancing 5pm Scrapbooking Open Studio 5:30 Loteria 6:50pm Total Body Toning | 9am Stretch & Flexibility 9:30am Cardio Fun 10am Stitching Time 1pm Texas Hold 'Em 2pm Wii Games 2pm Open Studio 4pm Arms & Abs |
| 7 9am Stretch & Flex 9:30am Cardio Fun 10am Nutrition FYI* 12:00pm Pinochle 1pm Bunco 2:45pm Bingo 4pm Arms & Abs 5:15pm Zumba (\$3)* 6pm Line Dancing | 8 9am Walking / 9am Canasta Line Dancing: 11am Beg; 12pm Adv; 1pm Int 11:15am Blood Press & Sugar 1pm Mah Jongg 1pm Mixed Media Tissue Art * 2pm Computer Lab Monitor 6:50pm Total Body Toning | 9 9am Stretch & Flexibility 9:30am Cardio Fun 10am Weight Loss Group Meeting 1pm Web Basics * 1:30pm Arts & Crafts 4pm Arms & Abs 5:15pm Zumba (\$3)* | 10 9am Walking Program 10am Scrabble 10am Beginning Guitar 1 of 9 * 11am Intermediate Guitar 1 of 9* 1:30pm Jamboree Line Dancing 1:30pm Winterized SPA Facial* 5pm Scrapbooking Open Studio No Total Body Toning 6:30pm DANA Meeting | 11 9am Stretch & Flexibility 9:30am Cardio Fun No Stitching Time 10:30am Friends & Flicks 1pm Texas Hold 'Em 2pm Wii Games 2pm Open Studio 4pm Arms & Abs |
| 14 9am Stretch & Flexibility 9:30am Cardio Fun 12:00 Pinochle Noon Book Club 1pm Bunco / 2:45pm Bingo 4pm Arms & Abs 5:15pm Zumba (\$3)* 6pm Line Dancing | 15 National Hat Day!! 9am Walking Program 9am Canasta Line Dancing: 11am Beg; 12pm Adv; 1pm Int 1pm Painting Open Studio 1pm Mah Jongg 1pm Jewelry Class (\$10) * 2pm Computer Lab Monitor 6:50pm Total Body Toning | 16 9am Stretch and Flexibility 9:30am Cardio Fun 11am Gourmets to Two Step Restaurant* 10am Weight Loss Group Meeting 1pm Photo Editing using On-line Editor* 1:30pm Arts & Crafts 4pm Arms & Abs 5:15pm Zumba (\$3)* | 17 9am Walking Program 10am Scrabble 10am Beginning Guitar 2 of 9 * 11am Intermediate Guitar 2 of 9* 1pm Intro to Digital Photos * 1:30pm Jamboree Line Dancing 5pm Scrapbooking Open Studio 5:45pm Tai Chi 1of 6 * 6:50pm Total Body Toning | 18 9am Stretch & Flexibility 9:30am Cardio Fun 10am Stitching Time 1pm Texas Hold 'Em 2pm Wii Games 2pm Open Studio 4pm Arms & Abs |
| 21/28 9am Stretch & Flex / Cardio Fun 10am Cooking Club* 1/28 12:00pm Pinochle 1pm Bunco / 2:45pm Bingo 4pm Arms & Abs 5:15pm Zumba (\$3)* 6pm Line Dancing <i>Center Closed 1/21 in observance of Martin Luther King</i> | 22/29 9am Walking / 9am Canasta 9am Outing to Fire Academy *1/22 Line Dancing: 11am Beg; 12pm Adv; 1pm Int 1pm Mixed Media Tissue Art 1/22 * 1pm Painting Open Studio 1/29 1pm Mah Jongg 2pm Computer Lab Monitor 6:50pm Total Body Toning | 23/30 9am Stretch & Flexibility 9:30am Cardio Fun 10am Birthday Party 1/30 10am Weight Loss Group Meeting 1pm Power Point 1/23 * 1pm Meet the Computer 1/30 * 1:30pm Arts & Crafts 4pm Arms & Abs 5:15pm Zumba (\$3)* | 24/31 9am Walking Program 10am Scrabble 10am Beg. Guitar 3 & 4 of 9 * 11am Inter. Guitar 3 & 4 of 9* 1pm Gef Smart w/ Your Smart Devices 1/24 * 1:30pm Jamboree Line Dancing 5pm Scrapbooking Open Studio 5:45pm Tai Chi 2 & 3 of 6 * 6:50pm Total Body Toning | 25 9am Stretch & Flexibility 9:30am Cardio Fun 10am Stitching Time 1:30pm Chili Cook-off & Art Show* <i>No Texas Hold 'Em, Wii Games, Open Studio or Arms & Abs</i> |

| Granados | | February 2013 | | 500 Freiling, San Antonio, TX 78213 | | (210) 207-3285 | | | |
|---|---|--|---|--|--|----------------------|--|--------------------|--|
| Mon. 8 a.m.-7 p.m. | | Tues. 8 a.m.-8 p.m. | | Wed. 8 a.m.-7 p.m. | | Thurs. 8 a.m.-8 p.m. | | Fri. 8 a.m.-6 p.m. | |
| 4 9am Stretch & Flexibility 9:30am Cardio Fun 10am Nutrition FYI* 12:00pm Pinochle 1pm Bunco 2:45pm Bingo 4pm Arms & Abs 5:15pm Zumba (\$3)* 6pm Line Dancing | 5 9am Walking Program 9am Canasta <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Sumi-E Drawing * 1pm Mah Jongg 2pm Computer Lab Monitor 6:50pm Total Body Toning | 6 9am Stretch & Flexibility 9:30am Cardio Fun 10am Weight Loss Group Meeting 11am Body Analysis Weigh-In No Computer Class 1:30pm Arts & Crafts 4pm Arms & Abs 5:15pm Zumba (\$3)* | 7 9am Walking / 10am Scrabble 10am Beginning Guitar 5 of 9 * 11am Intermediate Guitar 5 of 9* 11am Gourmets to Cheesy Jane's* 1:30pm Jamboree Line Dancing 5pm Scrabbooking Open Studio 5:30 Loteria 5:45pm Tai Chi 4 of 6 * 6:50pm Total Body Toning | 1 / 8 9am Stretch & Flexibility 9:30am Cardio Fun 10am Stitching Time 2/1 10am Support Group 1 & 2 of 6* 10:30am Friends & Flicks 2/8 * 1pm Texas Hold 'Em 2pm Wii Games 2pm Open Studio 4pm Arms & Abs | | | | | |
| 11 9am Stretch & Flexibility 9:30am Cardio Fun 12:00pm Pinochle 1pm Bunco / 2:45pm Bingo 1pm Jewelry Making (\$5)* 3pm Valentine Cupcakes * 4pm Arms & Abs 5:15pm Zumba (\$3)* 6pm Line Dancing | 12 9am Walking / 9am Canasta 11:15am Blood Press & Sugar <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Painting Open Studio 1pm Mah Jongg 2pm Computer Lab Monitor 2:30pm Karaoke Fun * 6:50pm Total Body Toning | 13 9am Stretch & Flexibility 9:30am Cardio Fun 10am Weight Loss Group Meeting No Computer Class 1:30pm Arts & Crafts 4pm Arms & Abs 5:15pm Zumba (\$3)* | 14 9am Walking Program 10am Scrabble 10am Beginning Guitar 6 of 9 * 11am Intermediate Guitar 6 of 9* 1:30pm DIVA Spa Party (\$4) * 1:30pm Jamboree Line Dancing 5pm Scrabbooking Open Studio 5:45pm Tai Chi 5of 6 * 6:50pm Total Body Toning | 15 9am Stretch & Flexibility 9:30am Cardio Fun 9:30am Bandera Bowl Outing* 10am Stitching Time 10am Support Group 3 of 6* 1pm Texas Hold 'Em 1pm Get Smart w/Smart Device* 2pm Wii Games 2pm Open Studio 4pm Arms & Abs | | | | | |
| 18 9am Stretch & Flexibility 9:30am Cardio Fun 12:00pm Pinochle Noon Book Club 1pm Bunco 2:45pm Bingo 4pm Arms & Abs 5:15pm Zumba (\$3) 6pm Line Dancing | 19 9am Walking Program 9am Canasta <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Sumi-E Drawing * 1pm Mah Jongg 2pm Computer Lab Monitor 6:50pm Total Body Toning | 20 9am Stretch & Flexibility 9:30am Cardio Fun 10am Weight Loss Group Meeting 1pm E-Mail * 1:30pm Arts & Crafts 4pm Arms & Abs 5:15pm Zumba (\$3) * | 21 9am Walking Program 10am Scrabble 10am Beginning Guitar 7 of 9 * 11am Intermediate Guitar 7 of 9* 1pm Photo Editing * 1:30pm Jamboree Line Dancing 5pm Scrabbooking Open Studio 5:45pm Tai Chi 6 of 6 * 6:50pm Total Body Toning | 22 9am Stretch & Flexibility 9:30am Cardio Fun 10am Stitching Time 10am Support Group 4 of 6* 1pm Texas Hold 'Em 2pm Wii Games 2pm Open Studio 4pm Arms & Abs | | | | | |
| 25 9am Stretch & Flexibility 9:30am Cardio Fun 10am Cooking Club * 12:00pm Pinochle 1pm Bunco 2:45pm Bingo 4pm Arms & Abs 5:15pm Zumba (\$3)* 6pm Line Dancing | 26 9am Walking / 9am Canasta <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Painting Open Studio 1pm Mah Jongg 2pm Computer Lab Monitor 2:30pm Story Day with Sonny Melendrez* 6:50pm Total Body Toning | 27 9am Stretch & Flexibility 9:30am Cardio Fun 10am Birthday Party 10am Weight Loss Group Meeting 1pm Using Paint Program to Draw* 1:30pm Arts & Crafts 4pm Arms & Abs 5:15pm Zumba (\$3)* | 28 9am Walking Program 10am Scrabble 10am Beginning Guitar 8 of 9 * 11am Intermediate Guitar 8 of 9* Noon AARP Safety Driving * No Jamboree Line Dancing 5pm Scrabbooking Open Studio 6:50pm Total Body Toning | <i>*pre-registration or fee required</i> | | | | | |

Health and Wellness Programs

Get Fit at Granados!

Mix and match during the week for a total body workout.

Please check with your physician before starting a new exercise program.

Stretch & Flexibility

Increase flexibility, energy level, and tone your muscles. Low intensity.

Date: Monday, Wednesday & Friday

Time: 9-9:30 a.m.

Cost: **Free**

No class January 21

Cardio Fun

Enjoy this moderate intensity workout.

Date: Monday, Wednesday & Friday

Time: 9:30-10 a.m.

Cost: **Free**

No class January 21

Arms & Abs

Focus on these trouble spots.

Date: Monday, Wednesday & Friday

Time: 4-4:30 p.m.

Cost: **Free**

No class January 21

Zumba

Exercise class based on Latin dancing.

Date: Mondays and Wednesdays

Beginning January 7th.

Time: 5:15-5:45 p.m.

Instructor: Laura Quiroz

Cost: **\$3 per class**

No class January 21

Evening Line Dancing

This free class is a beginning to intermediate level class.

Date: Mondays

Time: 6-7 p.m.

Instructor: Mary Stahl

Cost: **Free**

No class January 21

Walking Program

Indoor walking program interspersed with arm and leg exercises.

Date: Tuesdays and Thursdays

Time: 9-9:45 a.m.

Cost: **Free**

Beginning Line Dancing

Learn fundamentals of line dancing in this free, easy-paced class. Designed for the person who has no line dancing experience. Partners not required.

Date: Tuesdays

Time: 11 a.m.-12 noon

Instructor: Mary Stahl

Cost: **Free**

Advanced Line Dancing

Designed for those who have line dancing experience.

Date: Tuesdays

Time: 12-1 p.m.

Instructor: Mary Stahl

Cost: **Free**

Intermediate Line Dancing

Designed for those who have line dancing experience but are not quite ready for the advanced group.

Date: Tuesdays

Time: 1-2 p.m.

Instructor: Mary Stahl

Cost: **Free**

Blood Pressure & Blood Sugar Checks

Offered by the Wesley nurse Linda Jimenez. Fasting is not required.

Tuesdays, January 8th & Feb. 12th

Time: 11:15 a.m.-12:15 p.m.

Cost: **Free**

Body Analysis Weigh-In

Find out your percentage of fat and muscle.

Tuesdays, January 2 & February 6

Time: 11 a.m.-Noon

Cost: **Free**

Total Body Toning

Moderate to high intensity class using steps. Bring light hand-weights & mat.

Date: Tuesdays and Thursdays

Time: 6:50-7:50 p.m.

Instructors: Maria "Nati" Rodriguez

Cost: **Free**

Jamboree Advanced Line Dancing

Come practice advanced dances.

Date: Thursdays

Time: 1:30-3 p.m.

Cost: **Free**

No class February 28.

Tai Chi

Discover the gentle nature and soft flowing power of this Chinese gift. The short form Yang style class will emphasize development of mind, body, and inner strength and teach eight basic principles.

Date: Thursdays, Jan. 17-Feb. 21

Time: 5:45-6:30 p.m.

Instructor: Kyu Quintanilla Master

Cost: \$18 (6 classes)

Fitness Room

Available during regular center hours.

Please sign the clipboard each use.

Equipment available:

- 2 Treadmills
- Incline Elliptical
- Semi-recumbent fitness bike
- Seated Stepper
- Multi-Station Gym
- Dumbbells



Weight Loss Support Group

Join us on Wednesday mornings from 10-11 a.m. as we learn tips to help us reach our goal. The first Wednesday of each month is set aside for body analysis weigh-ins, maintenance tips, and sharing of healthy recipes. Topics listed below are subject to change. *This year, we pledge to-Maintain, Not Gain!*

Jan. 2: Sharing Ideas and Objects for Weight Control

Jan. 9: Just for Today!

Jan. 16: Key Parts of a Healthy Lifestyle-Breakfast

Jan. 23: Key Parts-Portion Control

Jan. 30: Key Parts-Eat Your Fruits & Veggies

Feb. 6: Sharing Ideas & Objects

Feb. 13: Key Parts-Dairy & Whole Grains

Feb. 20: Key Parts-Exercise & Sleep

Feb. 27: Key Parts-Stay Hydrated

Arts and Crafts

Painting Open Studio

Date: Alternating Tuesdays
Time: 1-3 p.m.

Arts & Crafts

Date: Wednesdays
Time: 1:30-3:30 p.m.

Scrapbooking Open Studio

Date: Thursdays
Time: 5-7:45 p.m.

Stitching Time

Date: Fridays
Time: 10 a.m.-Noon
No class Jan. 11, Feb 8

Open Studio

Use the room to work on individual projects.
Date: Fridays
Time: 2- 5 p.m.

Jewelry Making with Thelma Long

• **Beads & Buttons Crocheted Bracelet**

Tuesday, January 15th, from 1-4 p.m. \$10 for kit, payable to instructor. Class MUST be limited to 6 students. Proper Crochet hook will be provided for student use for the class and one may be purchased from teacher after class.

• **Sweet Heart Bracelets and Earrings**

Monday, February 11th from 1-4 p.m. \$5 for kit, payable to instructor. Class limited to 10 students.

Art Classes with Mr. Q (Federico Quintanilla)

- **Mixed Media Tissue Art** Have fun creating art using tissue paper among other media. Tues., January 8th & 22nd, from 1-3 p.m. Free.
- **Sumi-E Japanese Energy Drawing** Japanese drawing techniques are emphasized. Visualize natural forms then transfer them to paper. Tuesdays, February 5th & 19th, from 1-3 p.m. Free.

Valentine Cupcake Decorating Class

Rachel from *Tomboys Cakes and Creations* will return to teach you how to decorate cupcakes for Valentine's Day. All supplies provided. Monday, February 11th, at 3 p.m.

Guitar Class

Learn to play a guitar and join this class taught by Javier Garcia of the Parks & Recreation Music Department.

Date: Thursdays, January 10—March 7

Time: 10-11 a.m. Beginning Guitar

Time: 11 a.m. to Noon Intermediate Guitar

Fee: \$30 (60+); \$60 adults 18-59

Cards & Games

Pinocle

Date: Mondays
Time: 12:00-3:30 p.m.

"No Frills" Bunco

Date: Mondays
Time: 1-2:30 p.m.

Bingo

Date: Mondays
Time: 2:45-3:45 p.m.

Canasta

Date: Tuesdays
Time: 9 a.m.-Noon

Mah Jongg

Date: Tuesdays
Time: 1-4 p.m.



Loteria Led by Pauline Ortega
Thurs., Jan. 3 & Feb. 7
5:30-7 p.m.

Scrabble

Date: Thursdays
Time: 10 a.m.-Noon

Texas Hold 'Em

Date: Fridays
Time: 1-3:30 p.m.
No class Jan. 25

Wii Games

Date: Fridays
Time: 2-3:30 p.m.
No class Jan 25

A Round of Applause for...

River City Home Care, Morningside Ministries at the Manor, Lee High School JROTC, Arnold Elementary Choir and Kindergartners, Military Senior Resources, Sherry Dow, Lupe Pacheco, Connie Martinez, Loni Garcia, Jessie Contreras, and Linda Perez for the Veterans Day Breakfast; Mario Arellano, Fred Coy, Jim Aguilar, Juan Pacheco & Jesse Contreras for donating & grilling sausages for Sonia's Going-Away Party; the Granados members who participated in "Be a Santa to a Senior"; Jim Long for AARP Safety Driving Class; SAWS for tour and lunch; Alamo Service Connection for Medicare Benefits Counselor; Universal Health Care Group for bottled water; United Healthcare for Christmas dance iced tea; Mike Sprute from Collette Vacations for slide show; Starbucks for coffee donation; Alfredo Avila for the cakes; Grace Guerra from Cooperative Extension Service for Diabetes prevention workshop; Jesse Solano from United Health Care for Christmas Karaoke Fun; Rob Mercado, aka Santa; Federico Quintanilla for art classes; George Rodriguez for Birthday music; Wesley Nurse Linda Jimenez for Blood Pressure/Sugar checks; S.A. Food Bank-Matthew Molpus for Nutrition FYI; All the participants who helped during events; Our great volunteer instructors-Ester Gates, Leti Gonzales, Sylvia Guerra, Jim Long, Thelma Long, Abby Morin, Emma Moya, Pauline Ortega, Nati Rodriguez, Diana Sanchez, and Mary Stahl; Westfall Library for our movie club; and, Marita Enriquez-Harris for Spa Days.

Class Registration: Pre-registration is required for some classes and is noted on the calendar with an "*". Payment should be made to the instructor on the first day of class if required. **Programs and times are subject to change.** Please call the front desk at (210) 207-3285 for more information.

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, The Commander's House Adult and Senior Center at 645 S. Main at Durango St. (210) 207-3010, and the Virginia Gill Community Center located at 7902 Westshire (210) 207-3237.



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-8570 for Voice/TTY assistance.



PARKS & RECREATION
SAN ANTONIO